



# April 2024 Education Events

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## Your Connection to Evidence-Based Information

### 2024 Kitchen Series: Smart Snacks

Thursday, April 4<sup>th</sup>, 2024 at 11am (EST)

Join Chef Michael Carnahan and Registered Dietitian Cameron Stauffer as they share delectable yet health-conscious snack options in their presentation "Smart Snacks." Learn how to satisfy your cravings without compromising your well-being, making snacking a smarter and more enjoyable experience.

[Register Now!](#)

### 2024 Self-Care Series: Building Beyond Habits

Thursday, April 11<sup>th</sup>, 2024 at 11am (EST)

There's a difference between habits, routines, and rituals. Learn this difference and how to employ all three for your health and wellness goals.

[Register Now!](#)



### 2024 Support Series: Hereditary Colon Cancer and High Risk Genetics

Thursday, April 18<sup>th</sup>, 2024 at 11am (EST)

This presentation will cover the basics of Hereditary Colon Cancer; what it is, risk factors, signs and symptoms, how it is treated, and complications. It will also address specific High Risk Genetic components of the disease as well.

[Register Now!](#)

For cancer-related questions: (855) 366-7700 For questions about these events: [hello@mycancerbridge.com](mailto:hello@mycancerbridge.com)



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